



YMCA YOUTH PROGRAMS

We build strong kids, strong families, strong communities.

YOUTH SUPER SPORTS

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Youth Soccer Leagues



These coed recreational leagues emphasize fun and safety. For grades K-12. 6 games are on Saturday mornings with 2 games played midweek. We play on local fields. Players need a water-bottle, shin guards, red shirt and a yellow shirt at all games.

League Dates: September 19 - October 24 (6 Saturdays)

Coaches Meeting: Wednesday, September 2, 6:00pm

Game Days/Times: Saturdays 9:00am-2:00pm

Tues/Thurs 5:30pm

Fee: YMCA Members \$30 Non-members \$60

CALL BILL SPARKS AT 933-9622 TODAY TO ADD YOUR PLAYER. TEAMS HAVE BEEN FORMED BUT MANY STILL HAVE ROOM FOR ADDITIONAL PLAYERS.

Kinderkickers ages 3-4

Learn the basics of soccer in a non-competitive, fun, atmosphere. Safety, skills, and teamwork are the focus. Class meets twice a week for three weeks.

Registration Deadline: Friday before class begins.

Fall KK#1: Mon & Wed 5:00-5:50pm

Fall KK#2: Mon & Wed 6:00-6:50pm

KK#1 & #2 meet September 14 - 30, 2009

Fall KK#3: Mon & Wed 5:00-5:50pm

Fall KK#4: Mon & Wed 6:00-6:50pm

KK#3 & #4 meet October 5 - 21, 2009

Location: YMCA fields & gym (inside if raining)

Fee: YMCA Members \$15 Non-members \$35



Fall Lacrosse Workshops - Outdoors

Brush up on your stick skills, stay active, and have fun! That's what our Lacrosse workshops are all about. Prep for the spring leagues, use it for a cross-training workout, & join the fellowship of Lacrosse. No experience necessary and it is a lot of fun!

Registration Deadline: Friday before class begins

Dates/Times: Grades 1-3 5:00-6:00pm Mondays

Grades 4-6 6:00-7:00pm Mondays

Grades 7-8 5:00-6:00pm Fridays

Grades 9-12 6:00-7:30pm Fridays

Fall I: Begins week of September 14, 2009 (runs 6 weeks)

Location: YMCA **Fee:** \$35 Y member \$55 Non-member

Flag Football



The YMCA offers the best flag football program for boys and girls. All equipment provided and all games officiated. All players get an award just for participating. Coaches are volunteer parents. Practices are built-in followed by a game each night. Bring a water bottle and dress for the weather. We play in rain!

3rd & 4th Grades: Meets Tuesdays from 5:00-7:00pm

5th & 6th Grades: Meets Thursdays from 5:00-7:00pm.

Both divisions meet once a week for 6 weeks.

Registration Dates: September 11, 2009

3rd/4th begins Tuesday, September 15 - October 20, 2009

5th/6th begins Thursday, September 17 - October 22, 2009

Fee: \$25 Y Members \$45 Non-members

NEW KIDS PROGRAM!

Pee-Wee Sports



A variety of sports will be offered - soccer, floor hockey, lacrosse, basketball, golf, and many more! Pee-Wee Sports is for kids ages 3-7 years. Class meets twice a week for 3 weeks. Parents are encouraged to get involved in class and play as a family. Class is in our new 4,000 sf Kid's Gym located in the new Y Daycare building at 1100 Woodmere.

Registration Deadline: Thursday before class begins.

PWS#01: Mon & Wed 5:00-6:00pm Ages 3-5

PWS#02: Tues & Thurs 5:00-6:00pm Ages 3-5

PWS#03: Mon & Wed 6:00-7:00pm Ages 5-7

PWS#04: Tues & Thurs 6:00-7:00pm Ages 5-7

Classes #1-4 begin week of November 2, 2009

PWS#05: Mon & Wed 5:00-6:00pm Ages 3-5

PWS#06: Tues & Thurs 5:00-6:00pm Ages 3-5

PWS#07: Mon & Wed 6:00-7:00pm Ages 5-7

PWS#08: Tues & Thurs 6:00-7:00pm Ages 5-7

Classes #5-8 begin week of November 30, 2009

PWS#09: Mon & Wed 5:00-6:00pm Ages 3-5

PWS#10: Tues & Thurs 5:00-6:00pm Ages 3-5

PWS#11: Mon & Wed 6:00-7:00pm Ages 5-7

PWS#12: Tues & Thurs 6:00-7:00pm Ages 5-7

Classes #9-12 begin week of January 4, 2010

PWS#13: Mon & Wed 5:00-6:00pm Ages 3-5

PWS#14: Tues & Thurs 5:00-6:00pm Ages 3-5

PWS#15: Mon & Wed 6:00-7:00pm Ages 5-7

PWS#16: Tues & Thurs 6:00-7:00pm Ages 5-7

Classes #13-16 begin week of January 25, 2010

Location: YMCA DAYCARE GYM

Fee: YMCA Members \$15 Non-members \$35

www.gtbbayymca.org



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strong families,
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YMCA PROGRAMS ARE NOT ASSOCIATED WITH TCAPS OR GTACS

FALL 2009

Y GYMNASTICS™

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Grand Traverse Bay YMCA Recreational Gymnastics classes will meet once a week for six weeks (except Advanced 2 Flyers which meets twice each week). PreTeam & Team classes are ongoing with monthly payment plan. Please call for appropriate class placement for your child to ensure the best coaching for all gymnasts. Y Gymnastics will have final approval on class placement. Phone Y Gymnastics at 929-2869 with all gymnastics questions. YMCA Gymnastics is not associated with TCAPS or GTACS.

2009 Session dates: (sessions are 6 weeks)

Fall I: Week of Sept 14 – Week of Oct 19

Fall II: Week of Nov 2 – Week of Dec 7 (Nov 26 – 29 move to Dec 17 – 20)



Boys & Girls ages 1 - 3 (w/parent)

Y Members: \$25 non-Members: \$49
___ Mon 10:30 am ___ Wed 10:30 am
___ Thurs 10:00 am ___ Fri Noon
___ Sat 10:30 am (all classes 45 minutes)

Boys & Girls ages 3 - 4

Y Members: \$25 non-Members: \$49
(This class ONLY available to 3 year olds upon placement by a YMCA Gymnastics coach)
___ Mon 10:30 am ___ Mon 4:30 pm
___ Mon 5:30 pm ___ Tue 4:30 pm
___ Tue 5:30 pm ___ Tue 6:30 pm
___ Wed 10:30 am ___ Wed 5:00 pm
___ Wed 6:00 pm ___ Thurs 10:00 am
___ Thurs 3:30 pm ___ Thurs 5:30 pm
___ Thurs 6:30 pm ___ Fri Noon
___ Sat 12:30 pm (all classes 45 minutes)

Boys & Girls ages 5 - 6

Y Members: \$25 non-Members: \$49
___ Mon 10:30 am ___ Mon 4:30 pm
___ Mon 5:30 pm ___ Tue 4:30 pm
___ Tue 5:30 pm ___ Tue 6:30 pm
___ Wed 10:30 am ___ Wed 5:00 pm
___ Wed 6:00 pm ___ Thurs 10:00 am
___ Thurs 3:30 pm ___ Thurs 5:30 pm
___ Thurs 6:30 pm ___ Fri Noon
___ Sat 12:30 pm (all classes 45 minutes)

Boys Only ages 7 & up Rollers

Y Members: \$30 non-Members: \$54
___ Tue 6:30 pm ___ Wed 6:00 pm
___ Thurs 4:30 pm ___ Sat 11:30am
(all classes 55 minutes)

Beginner Girls ages 6 & up Rollers

Y Members: \$30 non-Members: \$54
(This class ONLY available to 6 year olds upon placement by a YMCA Gymnastics coach)
___ Mon 4:30 pm ___ Mon 5:30 pm
___ Mon 6:30 pm ___ Tue 4:30 pm
___ Tue 5:30 pm ___ Tue 6:30 pm
___ Wed 5:00 pm ___ Wed 6:00 pm
___ Thurs 4:30 pm ___ Thurs 5:30 pm
___ Thurs 6:30 pm ___ Sat 10:30 am
___ Sat 11:30 am (all classes 55 minutes)

Intermediate ages 6 & up Swingers

Y Members: \$30 non-Members: \$54
(coach recommendation required)
___ Mon 4:30 pm ___ Mon 5:30 pm
___ Mon 6:30 pm ___ Tue 4:30 pm
___ Tue 5:30pm ___ Tue 6:30 pm
___ Wed 5:00 pm ___ Wed 6:00 pm
___ Thurs 4:30 pm ___ Thurs 5:30 pm
___ Thurs 6:30 pm ___ Sat 10:30 am
___ Sat 11:30 am (all classes 55 minutes)

Gymnastics For HS Cheerleaders

Form your own group; set your own times!
Group of 8 or less: \$42/hr total
Group of 9 or more: \$5/hr each

Advanced 1 Kippers

Y Members: \$46 non-Members: \$70
(coach recommendation required)
___ Mon 5:30 pm ___ Tue 5:30 pm
___ Wed 6:00 pm ___ Thurs 4:30 pm
___ Sat 9:30 am (all classes 2 hours)

Advanced 2 Flyers

Y Members: \$76 non-Members: \$100
(coach recommendation required)
choose any two times
___ Mon 5:30 pm ___ Tue 5:30 pm
___ Wed 6:00 pm ___ Thurs 4:30 pm
___ Sat 9:30 am (all classes 2 hours)

Birthday Parties available!

Private Lessons available!

Check out our NEW 3,000 sf gym and the Adrenaline Maze Bounce House!
It's perfect for parties.

Call 929-2869 for details



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**Grand Traverse Bay YMCA
Gymnastics Center
1100 Woodmere
Traverse City, MI 49686**

Parents please note: Y Gymnastics is a progressive program. To assure the best and safest coaching for your child and other children, class placement by our coaches is necessary.

NEW CLASS! Baton Twirling

Y Members \$30 Non-members \$54
___ Mondays 4:30pm ___ Mondays 5:30pm

Pre-Team Levels 1-3 (4 hrs) Flippers

Y Members: \$66/mo non-Members: \$80/mo
___ Tues & Thurs 4:30 – 6:30 pm

Pre-Team Levels 4 (6 hrs) Twisters

Y Members: \$84/mo non-Members: \$98/mo
___ Tues & Thurs 4:30–7:30 pm

Team Level 4-5 (9 hrs) Twisters

Y Members: \$98/mo non-Members: \$112/mo
___ Tues, Thurs, Fri 4:30–7:30 pm

Team Levels 5 (12 hrs)

Y Members: \$120/mo non-Members: \$134/mo
___ Tues, Thurs, Fri 4:30–8:30 pm

Team Levels 5-6 (16 hrs)

Y Members: \$164/mo non-Members: \$178/mo
___ Mon, Wed, Fri 4:30–8:30 pm, Sat 9:30 - 1:30

Team Levels 6-7 (18 hrs)

Y Members: \$186/mo non-Members: \$200/mo
___ Mon, Wed, Fri 4:30–8:30 pm, Sat 9:30 - 1:30

Team Levels 8-10 (24 hrs)

Y Members: \$240/mo non-Members: \$254/mo
___ Mon - Fri 4:30–8:30 pm, Sat 9:30 - 1:30



YMCA programs are not associated with TCAPS or GTACS



Holiday Inn West Bay Indoor Pool Session Dates for Fall 2009 & Winter 2010 (all classes meet 1 day/week for 6 weeks)

Fall I: Week of September 14 - Week of October 19, 2009

Fall II: Week of October 26 - Week of December 7, 2009

Winter I: Week of January 4 - Week of February 8, 2010

Winter II: Week of February 15 - Week of March 22, 2010

Spring I: Week of April 5 - Week of May 12, 2010

Fall II Note: No classes week of Nov. 23 (Thanksgiving week)



Monday - Thursday (choose 1 day)

___ 11:15am - 11:45am
___ 12:00pm - 12:30pm
___ 12:45pm - 1:15pm
___ 1:30pm - 2:00pm
___ 2:15pm - 2:45pm
___ 3:00pm - 3:30pm
___ 3:45pm - 4:15pm
___ 4:30pm - 5:00pm
___ 5:15pm - 5:45pm

Fee: \$42 Members, \$72 Non-members
Scholarship assistance is available.
Fee covers 1 class per week for 6 weeks.
All equipment is provided by the YMCA.

Please return the Universal Registration Form and include Day/Time preference.

How to enroll in Swim Lessons:

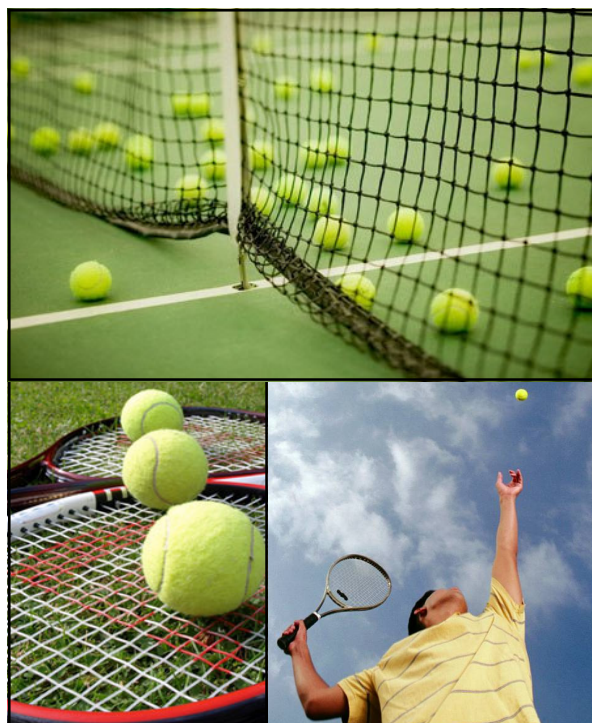
Pick a day and time that works for you. If you have a 2nd or 3rd choice, please indicate it on your registration form. Register in advance. We will group kids by age/ability and we will let you know if any adjustments need to be made for day or time to form a class. We have 2-3 instructors in the water at the same time, so families with kids of different ages may be able to take lessons at the same time.

We teach all ages from 6 months to Adult.

Swim Lessons are progressive in nature and depend on the student's abilities to progress. Regardless of level, we teach to each individual's ability and to their own pace. Using student-centered teaching techniques, our students typically progress faster than traditional methods.

Y TENNIS

OFFICIAL SITE



Fall I (6 weeks): Week of Sept. 14 – Week of Oct. 19

Fall II (6 weeks): Week of Nov. 2 – Week of Dec. 7
(Nov. 26 - 29 move to Dec. 17 - 20)

Youth Group Tennis Lessons



___ Tots (ages 3-5)	Tue	8:30am – 9:00am
___ Y Members: \$21/3 hrs	Non-Members: \$36/3 hrs	
___ Tots (ages 4-6)	Sat	10:30am – 11:00am
___ Y Members: \$21/3 hrs	Non-Members: \$36/3 hrs	
___ Grades K-3	Sat	11:00am – Noon
___ Grades K-3	Tue	4:00pm – 5:00pm
___ Grades K-3	Thurs	4:00pm – 5:00pm
___ Y Members: \$42/6 hrs	Non-Members: \$72/6 hrs	
___ Grades 4-6	Sat	Noon – 1:00pm
___ Grades 4-6	Tue	4:00pm – 5:00pm
___ Y Members: \$42/6 hrs	Non-Members: \$72/6 hrs	
___ Grades 7-9	Thurs	4:00pm – 5:00pm
___ Y Members: \$42/6 hrs	Non-Members: \$72/6 hrs	
___ Grades 7-9	Sat	1:00pm – 2:30pm
___ Y Members: \$63/9 hrs	Non-Members: \$108/9 hrs	
___ Tourney Team**	M,W,F	4:00pm – 6:00pm
2 day: Y Members: \$126/18 hrs	Non-Members: \$216/18 hrs	
3 day: Y Members: \$210/36 hrs	Non-Members: \$360/36 hrs	
___ Tourney Team**	Sat	2:30pm – 4:00pm
Y Members: \$63/9 hrs	Non-Members: \$108/9 hrs	
___ Grades 9-12	Sun	7:00pm – 8:30pm
Y Members: \$63/9 hrs	Non-Members: \$108/9 hrs	

** Coach recommendation REQUIRED for Tourney Teams

Find out more at: www.gtbayymca.org

YMCA PROGRAMS ARE NOT ASSOCIATED WITH TCAPS OR GTACS

GRAND TRAVERSE BAY YMCA Official Registration Form, Release and Waiver of Liability and Indemnity Agreement

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children.

In further consideration of being permitted to enter the YMCA for any purpose including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned hereby agrees to the following:

1. THE UNDERSIGNED ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA and all branches thereof, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned or such children whether caused by the negligence of the releasees or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any, loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releasees or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releasees or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

The undersigned gives permission to the Grand Traverse Bay YMCA for this registrant to appear in photographs, videotapes, internet or other media in print, electronic, etc., associated with YMCA programs. PARENTS: Our staff is trained in child abuse prevention and all staff sign a code of conduct. Please report any suspicious activity immediately.

The undersigned agrees to abide by the Program Refund Policy as stated in the YMCA quarterly Program Brochure. Refunds will be made in the form of program credits unless otherwise approved and requests for refunds must be made in writing prior to the program start date. Late fees are non-refundable.

The Grand Traverse Bay YMCA is founded on Christian principles and values and prohibits inappropriate behavior, conduct, and materials. This includes, but is not limited to, profanity or abusive language, attire, smoking, use of alcohol or drugs, weapons, fireworks, pornography, the removal or misuse of YMCA property, or criminal conduct of any type. Such inappropriate behavior, conduct, or materials is unacceptable and the YMCA consequently retains the right to deny memberships and program participation to its applicants and to revoke a membership of any current member or participant at its sole discretion. Pets are not allowed at YMCA facilities or off-site program locations. All program participants, guests, and members who are minors are not allowed to leave YMCA property unless accompanied by a relative or pre-authorized guardian. Some programs require personal equipment not supplied by the YMCA. Further, the undersigned will at all times display the YMCA values of Honesty, Respect, Caring, and Responsibility and encourage the efforts of all players, coaches, spectators and referees in a positive manner. The undersigned understands the Y mission in offering this program: *to build strong kids, strong families, and strong communities.*

YMCA PROGRAMS ARE NOT SPONSORED BY OR ASSOCIATED WITH T.C.A.P.S.

Please print your information below

Program Title: _____ Session #: _____ Day/Time: _____

Participant Name: _____ Circle one of each: Male / Female Member / Non-Member

Address: _____ City: _____ State: _____ Zip Code: _____

School: _____ Grade: _____ Birthdate: _____ Height: _____ Weight: _____

Home Phone: _____ Cell Phone: _____ Email: _____

Mother's Name: _____ Work Phone: _____ Place of Employment: _____

Father's Name: _____ Work Phone: _____ Place of Employment: _____

Special Needs or Health Concerns (include medications): _____

Special Requests (coach, teammate, etc): _____

I will volunteer to help with this program (please specify how): _____

Circle if you require scholarship assistance: YES / NO (Additional form required. Requests for aid must be made 3 weeks prior to program start date.)

Circle form of payment: Cash / Check # _____ / Credit Card # _____ Expiration Date: _____

Amount Paid: \$ _____ (add \$10 if registering after program registration deadline.) Participant T-shirt size: _____

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Michigan and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ, UNDERSTOOD AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

Date: _____

Signature of Applicant/Parent: _____

Signature of other Adult: _____

Signature of Child in Program: _____

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